

### **Are there study materials?**

The test being utilized is a general knowledge test. No study materials are necessary. The topics that will be tested are: mathematics, reading comprehension, and grammar. The test is comprised of both multiple choice and true/false formats. There may be some short answer questions.

### **When and where will the written and physical agility tests be conducted?**

The written examination and physical agility test will be conducted on \_\_\_\_\_ (date to be determined). **The written examination will begin promptly at 9:00 am, with Registration beginning at 8:15 am.** The written test will be conducted at the **Milford Police Department, 19 Garden Street, Milford, NH.** The physical agility testing will take place immediately following the written test and will be conducted at the **Milford Police Department** with the run being conducted at the **Milford High School**. Only those applicants having passed the written test will be invited to the physical agility testing. Applicants who are currently full-time certified Police Officers will not be required to take the written test, but will be required to pass the physical agility test, and should arrive for the physical agility testing **promptly at 10:30.**

### **What must be brought to the testing process?**

1. A photo ID
2. **The completed, and Notarized, physical agility waiver form. No waiver, no testing.**
3. Clothing and footwear appropriate for participation in the physical agility test.
4. Proof of Police Certification if applicable

### **When and how will you be notified of your results?**

You will be notified of your written test scores on the day the test is given. If you receive a passing score on the written test (70%), you will be invited to continue on with the physical agility test.

### **What happens next?**

If the applicant passes both the written and physical agility tests, he/she will be assigned an appointment for an oral interview which may be conducted the following week. Specific dates and times for your oral interview may be assigned prior to your leaving this testing site.

**MILFORD POLICE DEPARTMENT  
PHYSICAL AGILITY TEST  
ENTRANCE REQUIREMENTS**

**(35<sup>TH</sup> PERCENTILE)**

**MALES:**

AGE	RUN	SIT-UPS (IN 60 SECONDS)	PUSH-UPS
18 – 29	12:53	37	27
30 – 39	13:24	33	21
40 – 49	14:07	28	16
50 – 59	15:20	22	11
60 – 69	17:11	18	9
70 - 79	19:39	18	9

**FEMALES:**

AGE	RUN	SIT-UPS (IN 60 SECONDS)	PUSH-UPS	
			MODIFIED	FULL BODY
18 – 29	15:14	31	22	14
30 – 39	15:58	24	17	10
40 – 49	16:46	19	11	8
50 – 59	18:37	12	10	---
60 – 69	20:46	5	4	---
70 - 79	22:20	5	4	---

**DESCRIPTION**

The battery of tests which comprise this portion of the entrance requirements are those required by New Hampshire Police Standards and Training Council for entrance to the Recruit Academy. The tests the Council has chosen are from Dr. Cooper's battery of tests. The Milford Police Department physical agility requirements are based on the 35<sup>th</sup> percentile of the Cooper Aerobics Standards.

During this portion of the pre-employment process the candidate will be given an opportunity to pass the sit-up, push-up, and the 1.5 mile run at the level indicated for their age and gender classification as outlined in the charts above. Candidates must pass all three events.

- I. SIT-UPS: This event measures the muscular endurance of the abdominal area, which is important in the prevention of injuries while doing police work. The candidate lies on his/her back, knees bent, heels flat on the floor, with a partner holding the feet down. The candidate does as many sit-ups in correct form as possible in one minute. Starting In the “up” position, with hands cupped around the ears, candidates must touch their elbows to their knees, and both shoulders must touch the floor in the “down” position. If the hands come off the ears, the sit-up is not counted. The score is the number of correct sit-ups in one minute.

- II. **PUSH-UPS:** This is a test of muscular endurance, or the ability to contract the muscles repeatedly over a period of time, which indicates efficiency in movement and the capacity to do work. It focuses on the shoulder girdle (deltoids, pectorals, and triceps), which is important in defensive tactics, handcuffing and rescue operations. Candidates must keep their legs and back straight and knees off the ground at all times and from the “up” position, lower themselves to the floor until their chest touches within 3”, then push to the “up” position again. The total number of push-ups with correct form in one minute are recorded as the score. Females are allowed to use the modified female push-up position (knees touching the floor and feet crossed.)
- III. **1.5 MILE TIMED RUN:** This is a test of the aerobic power that is so important to police officers when responding physically in an emergency situation. This test requires a nearly exhaustive effort or at least, at the level of the higher intensities at which the individual has been training. It takes place on an indoor or outdoor track or other suitable, relatively level running area, and is measured with a stopwatch. Participants should not eat for at least two hours before the test. The individual should do some stretching and warm-up exercises prior to the test and allow adequate time for cool-down by walking or jogging at a slow pace following the test.

# **Milford Police Department**

**DO NOT MAIL – BRING THIS COMPLETED AND NOTARIZED FORM TO THE TEST SITE**

## **PHYSICAL AGILITY TESTING WAIVER**

I, \_\_\_\_\_ of \_\_\_\_\_ have read and understand the following waiver of liability.

I understand that the physical agility test being conducted by the Milford Police Department involves a 1.5 mile run, push-ups, and sit-ups. A description of these requirements was given to me in writing prior to my execution of this waiver. I have read and understand these requirements.

I certify that I have listed below any injuries, ailments or disabilities that may affect my ability to take this test. Revealing any physical disability I currently have will not necessarily eliminate me from acquiring the position I am seeking with the Milford Police Department.

\_\_\_\_\_

\_\_\_\_\_

I am electing to participate in this test at my own risk. I do hereby for myself, my heirs, executors and administrators, certify that I am in good health and know of no physical or medical reasons, not listed above, why I should not take said physical agility test and I do release and discharge the Town of Milford, NH, The Milford Police Department, their officers, employees, servants and agents, of and from any and all claims, demands, actions, causes of actions and suits at law or in equity for any on account of any and all injuries, disabilities, physical and mental diseases, damages, losses and expenses that may be sustained by me now or hereafter as a result of my taking said physical agility test.

NOTE: Your signature must be witnessed and authenticated by a Notary Public or Justice of the Peace as noted on this form.

DATE: \_\_\_\_\_, 20\_\_\_\_\_

Applicant Signature

Subscribed and sworn to before me this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_

\_\_\_\_\_  
Notary Public/Justice Of The Peace

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